

## **PLANNING, SELECTING, STORING, PREPARING & SERVING FOOD TO MEET NUTRITIONAL NEEDS**

### **Planning Meals Grade Levels: 7-12**

**Concept:** Dietary Guidelines for Americans

**Comprehensive Standard:** 6.3 Demonstrate planning, selecting, storing, preparing and serving of foods to meet nutritional needs of individuals and families across the life span

**Technical Standard(s):** 6.3.1. Apply various dietary guidelines in planning to meet nutrition and wellness needs

### **LESSON COMPETENCIES**

- ? Explore the Dietary Guidelines for Americans
- ? Discuss personal plans for putting the guidelines into practice
- ? Practice the Dietary Guidelines in making food choices and lifestyle choices

### **Anticipated Behavioral Outcomes**

- ? Students practice the dietary guidelines in developing a healthy lifestyle and encourage others to do so.

### **Resources Needed:**

- Newsprint and markers
- Transparency master or handout on Dietary Guidelines for students
- Copies of *Health and Recreation Application Form*.

### **References for teachers and students:**

A wealth of information and copies of the Dietary Guidelines can be downloaded or ordered at the USDA website [www.health.gov/dietaryguidelines](http://www.health.gov/dietaryguidelines). The 40 page booklet, *Nutrition and Your Health: Dietary Guidelines for Americans*, 5<sup>th</sup> edition, may be viewed, downloaded and/or ordered from this site.

### **Background Information:**

Since 1980, the United States Department of Agriculture (USDA) has published the Dietary Guidelines for Americans every 5 years. The Dietary guidelines provide the basis for Federal nutrition policy and nutrition education activities. Specifically, the Guidelines provide advice for healthy Americans ages 2 years and over about food choices that promote health and prevent disease (USDA, 2000 Dietary Guidelines for Americans, 5<sup>th</sup> Edition). Diet is more important than ever before according to the USDA. Millions of Americans need to improve their diets.

According to a recent fact sheet released by the White House, the following are areas of concern:

- ? One-third of non-elderly adults in America are overweight
- ? One in five children are at risk of being overweight. Ten percent of children are overweight or obese. The number of overweight children has doubled over the past 15 years and 70% of overweight children aged 10 to 13 will be overweight and obese adults. Recent studies indicate that this trend is

associated with low levels of physical activity rather than increased food consumption

- ? Obesity is linked to an increased incidence of chronic disease. Obesity is a risk factor for coronary heart disease, certain types of cancer, stroke and diabetes. Over \$68 billion is spent each year on direct health care costs related to obesity.
- ? Almost 90% of Americans have diets that need improvement. The Healthy Eating Index shows that 88% of Americans have diets that are poor or need improvement. Only 26% of people meet the daily dietary recommendation for dairy products and less than 20% meet the daily recommendations for fruits. In particular, teens and people with low incomes have lower quality diets.
- ? Many illnesses can be prevented or mediated through regular physical activity. Regular physical activity reduces the risk of heart disease, high blood pressure, colon cancer and diabetes. More than 60% of adults do not engage in the recommended amount of physical activity and approximately 25% of adults are not physically active at all.

The current Dietary Guidelines for Americans released in 2000 provide for 10 guidelines, clustered into 3 groups.

#### **Aim For Fitness**

- Aim for a healthy weight
- Be physically active every day

#### **Build A Healthy Base**

- Let the Food Guide Pyramid guide your food choices
- Choose a variety of grains daily, especially whole grains
- Choose a variety of fruits and vegetables daily
- Keep food safe to eat

#### **Choose Sensibly**

- Choose a diet that is low in saturated fat and cholesterol and moderate in total fat
- Choose beverages and foods to moderate intake of sugars
- Choose and prepare foods with less salt
- If you drink alcoholic beverages, do so in moderation

Each guideline involves personal choices and decision-making to implement.

### **Learning Activities:**

#### **Middle School Level**

- ? Hold up pictures of healthy children, teens and adults involved in a variety of activities. Ask students if they think these people look healthy. Ask, “What things about them indicate that they are in good health?”
- ? Divide students into groups of 2-3 by giving them each a picture of a food. Teams are formed by foods from the same food group in the Food Guide Pyramid; those students with foods from the same group become a team. Tell students that they have been called together to develop a list of 5-10 recommendations to help Americans develop healthy eating and lifestyle habits. Ask students to create a list of “Guidelines for Good Health”. Write

the task on the board to assist/remind students. When students have finished their “Guidelines”, ask them to present them to the class; post in the classroom.

- ? Introduce the Dietary Guidelines for Americans with students. Use the handout/transparency master, *Dietary Guidelines for Americans*. Explain the just as they worked together, nutrition experts from across the country worked together to develop guidelines for all Americans. Clarify any terms that students may not understand (i.e. saturated fats, cholesterol, etc.)
- ? Ask students to compare their recommendations to those suggested by nutrition experts. What are some of the similarities? Point out that the 3 groups, A – Aim for Fitness, B – Build a Healthy Base and C- Choose Sensibly, provide the framework for a healthy lifestyle and the 10 guidelines describe how these broad goals can be accomplished.
- ? Discuss the reasons why the Dietary Guidelines were established. (see background information)
- ? Ask students to identify what they are doing or would be willing to do to implement the Dietary Guidelines by completing the *It’s As Easy As A, B, C!*

### High School Level

- ? Use headlines from the newspaper that address health concerns in the news. Include issues related to heart disease, cancer, obesity, lack of physical activity, increased insurance costs, etc. Discuss the articles with students and what they represent in regards to the eating and lifestyle habits of Americans thus the need for guidelines to assist Americans to improve their overall health.
- ? Review the Dietary Guidelines for Americans with students. Use the handout/transparency master, *Dietary Guidelines for Americans*.
- ? Students work together in teams of 2 to answer the *Classified Ads* promoting a business opportunity to open a restaurant for health conscious consumers at a local community recreation center. Students complete the *Health and Recreation Application Form*.

NOTE TO TEACHER: You may want students to give an oral presentation to the class as well as the written application. You will need to develop a scoring rubric for this activity before assigning to students.

### Extended Learning Activities

- ? As a part of a **Power of One (A Better You) project for FCCLA** develop a personal plan for implementing one or more of the Dietary Guidelines. For example, “Be Physically Active Every Day”, develop a plan for including physical activity every day and implement the plan.
- ? Develop a **Home Teams for Health** competition among student teams in your school related to the Dietary Guidelines. Ask the teams to report on their progress each week. At the end of the month, award prizes to the team that was the most successful.
- ? Work with the school newspaper or local newspaper to include a weekly “**Health Column**”. Ask students to write a feature article on each of the ten

Dietary Guidelines for Americans. For an interdisciplinary teaching approach, work with a Language Arts teacher on this assignment – the Language Arts teacher could address the writing style and the FCS teacher the content.